

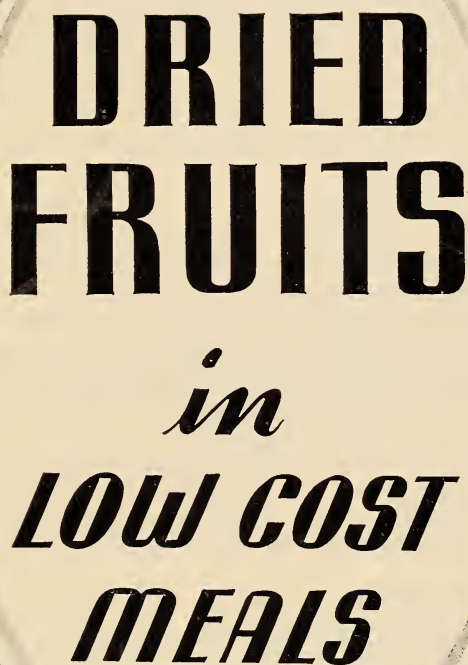
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# **DRIED FRUITS**

*in*

## ***LOW COST MEALS***

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U. S. Department of Agriculture

## USE DRIED FRUITS

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Dried fruits are one of the magic foods of the kitchen. A clever cook can take them, dry and wrinkled as they are, and change them into a tempting hot dish or a tasty fruit dessert.

Weight for weight, dried fruits outshine the fresh fruit in minerals and most other food values. There's less water, more substance to them. Dried fruits supply sugar for energy, and vitamins and minerals to keep the body in good running order.

Low in cost, high in flavor—dried fruits make other low-priced foods taste better. And that holds for all the different kinds, including prunes, raisins, apples, peaches, and apricots.

If covered to keep out dust and insects, dried fruits will keep a long time on the pantry shelf, ready for any emergency. And to cook them you need only the ordinary pots and pans.

### *Dried fruits are good mixers*

- Dried fruits make excellent sauce, but that is only one of the many ways they fit into meals.
- Dried fruits add flavor and sweetness to cereals as a breakfast food, a supper dish, or a pudding.
- Dried fruit and bread crumbs or cooked cereal combine in a stuffing that dresses up the cheapest cuts of meat.
- Dried fruits scalloped with meat or vegetables give them new taste and more food value.
- Plain bread, muffins, cake, or cookies become something "extra special" with dried fruits mixed into the batter or dough.
- Dried fruits also make a wholesome candy.

### *Dried fruits in sauce*

For perfect dried fruit sauce, keep the soaking short and the cooking slow.

Wash the fruit, then put it in a saucepan and cover with boiling water. Soak about 1 hour. Longer soaking may be needed if the fruit is very hard and dry. But too long soaking draws out too much flavor.

Cook the fruit in the same water in which it has soaked. Simmer slowly over low heat.

A few grains of salt help to bring out the natural sweetness. Dried peaches and apples, though, need extra sweetening—about  $\frac{1}{4}$  cup of sugar to each cup of dried fruit. To give fresh fruit flavor and vitamin C, squeeze lemon, orange, or grapefruit juice over the dried fruit just before serving.

### *Family-size servings*

Where definite recipes are given in this leaflet they are planned to yield six servings.

## ..... WITH CEREAL AND BREAD

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### *Dried fruits in hot cereal*

To each cup of uncooked cereal, use one or more cups of soaked, dried fruit, drained. Use the water in which the fruit has soaked or milk as part of the liquid for cooking the cereal. Heat this liquid to the boiling point, add the cereal slowly, then the fruit, and stir constantly. Cover and cook over boiling water until the cereal is done and the fruit is tender.

### *Dried fruit mush*

Pour cereal cooked with dried fruit, as suggested above, into a pan rinsed in cold water. Let set until cold and firm. Slice, dust lightly with flour, and fry in a little melted fat until golden brown.

### *Dried fruit and cereal pudding*

Cook dried fruit with cereal as above. Add sweetening to taste and a little melted fat, and egg if desired. Stir and cook for a few minutes longer. Serve hot with milk.

### *Dried fruit sandwich*

Cook dried fruit and drain. Chop and mix with creamed butter, cottage cheese, or peanut butter. Spread between slices of bread for sandwiches.

### *Hot dried fruit sandwich*

Make sandwiches with dried fruit filling, as suggested above. For six sandwiches, beat up 2 eggs with  $\frac{3}{4}$  cup of milk, 1 tablespoon of sugar, and salt to season. Dip the sandwiches into the egg mixture and fry in a little melted fat until golden brown on both sides.

For an open-face sandwich, serve hot dried fruit sauce over a slice of fried bread or toast.

### *Dried fruit brown betty*

4 cups dried fruit,	$\frac{1}{2}$ teaspoon cinnamon
partly cooked	$\frac{3}{4}$ cup sugar
2 cups bread crumbs	2 tablespoons melted
Salt, to taste	fat

In a greased baking dish place alternate layers of dried fruit and crumbs. Mix the salt and cinnamon with the sugar and sprinkle over the dried fruit. Pour the melted fat over the top layer of crumbs, cover, and bake for 40 minutes, or until the fruit is soft. Toward the last, remove the cover and allow the crumbs to brown.

## ..... WITH MEAT

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### *Dried fruits fried with cured meat*

After cooking bacon, ham, sausages, or salt pork, leave some of the drippings in the pan. Add dried fruit, which has been cooked and drained, sprinkle with sugar, and fry until browned.

### *Dried fruit stuffing*

For each quart of bread crumbs, use about a cup of chopped dried fruit. Add melted fat to season and chopped onion, salt and pepper to taste.

*Beef or veal.*—Spread the stuffing over a thin piece of beef or veal steak. Roll and fasten with skewers or tie with string. Or, cut the meat into individual servings before spreading with the stuffing. Brown in hot fat. Then cover and cook slowly with a little added water until the meat is tender.

*Pork.*—Brown pork chops on both sides. Put a spoonful of stuffing on each chop. Cover and cook slowly for about 45 minutes in a moderately hot oven. Or, put the stuffing in a boned pork shoulder or between paired sections of spareribs. Roast in a moderate oven until the meat is tender and thoroughly done.

*Fowl.*—Prepare a fowl as for roasting, but steam or simmer it until partly done. After  $1\frac{1}{2}$  to 2 hours, remove the bird from the kettle and fill with dried fruit stuffing. Brush with fat and sprinkle with salt and flour. Place the bird on a rack in a roasting pan, add about 1 cup of the broth, and cover the pan. Cook in a moderate oven about 2 hours, or until the bird is tender and lightly brown.

### *Dried fruits with liver*

Soak 2 cups of dried fruit. If prunes are used, remove the pits after soaking. Cut 1 pound of liver into small pieces. Sprinkle with salt, pepper, and flour. Fry in meat drippings at moderate heat until lightly browned. Remove the liver and keep it hot. In the pan drippings, brown the drained fruit. If too dry, add some of the water used in soaking. Cover and cook slowly for 25 to 30 minutes, or until the fruit is tender. Combine with the liver and serve immediately. Or, combine the browned liver and fruit and finish cooking in a covered baking dish in a moderate oven.

### *Dried fruits, spiced*

When making dried fruit into sauce, add a little vinegar and spice toward the end of the cooking. Or, use a small amount of juice from a jar of pickled fruit. Serve with meat.



## ..... WITH EGGS AND CHEESE

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### *Dried fruit omelet*

For each egg, use 1 tablespoon of milk, with salt and pepper to taste. Beat the eggs just enough to blend the yolks and whites. Add the milk and seasonings. Heat a heavy frying pan and add enough fat to cover the bottom of the pan. When the fat melts, pour in the egg mixture. Cook over low heat. Lift the egg mixture with a knife, and let the uncooked portion run underneath, until the whole mass is set. When the omelet is lightly browned, spread with dried fruit that is cooked and hot. Roll and turn onto a hot platter. Serve at once.

### *Dried fruit baked with cheese and bread*

6 eggs	1 cup dried fruit
2 cups hot milk	(soaked and chopped)
2 cups soft bread crumbs	Salt, to taste
1 cup cheese, sliced thin	1 tablespoon fat

Beat the eggs well. Mix the milk, bread crumbs, cheese, dried fruit, and salt. Stir this mixture into the beaten eggs. Pour into a well-greased shallow pan and bake in a moderate oven for about 25 minutes, or until set and lightly browned on top. Serve at once.

### *Dried fruits with cottage cheese*

For a hearty salad, serve a mound of cottage cheese with cooked dried fruits arranged in a ring around the cheese.

Or stuff cottage cheese into prunes that have been cooked and pitted. Serve with salad dressing on a bed of greens or chopped raw cabbage.

### *Dried fruit bread pudding*

1 quart milk	2 tablespoons fat
2 cups dry bread crumbs	1 cup dried fruit, cooked
$\frac{1}{2}$ cup sugar	3 eggs, beaten
$\frac{1}{4}$ teaspoon salt	

Scald the milk, bread crumbs, sugar, salt, and fat in a pan over hot water. Add the cooked and drained dried fruit. Pour some of the hot mixture into the beaten eggs and mix well. Add the remainder, pour into a greased baking dish, and set in a pan of hot water.

Bake in a moderate oven about 1 hour, or until the pudding is firm in the center. When the pudding is about half done, stir well so the fruit will be mixed all through it.

## ..... WITH VEGETABLES

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### *Dried fruits scalloped with cabbage*

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|----------------------------|--------------------------|
| 1 quart soaked dried fruit | 1 teaspoon salt          |
| 2 quarts shredded cabbage  | 1 cup bread crumbs       |
|                            | 3 tablespoons melted fat |

In a greased baking dish make alternate layers of the dried fruit and cabbage, sprinkle with salt. Cover the top with the bread crumbs which have been mixed with the fat. Cover and bake in a moderate oven about 45 minutes, or until the dried fruit and cabbage are tender. Toward the last remove the cover so the crumbs will brown.

### *Dried fruits scalloped with sweetpotatoes*

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|----------------------------|-----------------------------|
| 3 large sweetpotatoes      | $\frac{1}{2}$ teaspoon salt |
| 1 quart soaked dried fruit | 2 tablespoons fat           |
| $\frac{1}{4}$ cup sugar    | Milk                        |

Cook the sweetpotatoes in boiling water until tender. Cool and skin. Slice the potatoes and place in a greased baking dish in alternate layers with the dried fruit. Season with sugar and salt and dot with fat. Add a little milk and bake in a moderate oven for 30 to 45 minutes, or until the dried fruit is soft and the top layer is brown.

### *Dried fruits with onions*

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|-----------------------|-----------------------------|
| 2 cups cooked prunes  | 2 cups soaked dried apples  |
| $\frac{1}{4}$ cup fat | $\frac{1}{4}$ teaspoon salt |
| 3 onions, sliced      |                             |

Remove the pits and cut the prunes in half. Heat the fat in a large frying pan, add onions and apples, and fry until the apples are tender. Stir frequently. Add the prunes and salt, stir, and cook until the prunes are heated through.

### *Dried fruits with sauerkraut*

Add about 2 cups dried fruit, soaked and chopped, to each quart of sauerkraut. Cook in a covered pan until the fruit is tender. Serve with frankfurters or other meat if desired.

### *Dried fruit salad*

Mix shredded cabbage, diced apple, and raisins or prunes (soaked and chopped fine). Serve with salad dressing or lemon juice on a bed of greens.



## ..... IN BREAD, CAKE, CANDY

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### *Dried fruit yeast bread*

Add raisins or other dried fruit, soaked and chopped fine, to any standard bread recipe, and bake in a loaf. Or roll out the bread dough in a square, and spread with melted fat and a mixture of chopped dried fruit and brown sugar. Roll into a long roll. Cut off crosswise slices, let rise until double in bulk, and bake. Or bake in one big roll for a roly-poly loaf with a dried fruit filling.

### *Dried fruit quick bread*

1½ cups sifted white flour	½ cup juice from dried fruit
½ teaspoon soda	1 egg, beaten
2 teaspoons baking powder	1 cup sour milk
¾ to 1 cup sugar	1 cup cooked dried fruit, chopped fine
1 cup whole-wheat flour	2 tablespoons melted fat

Sift together the dry ingredients, except the whole-wheat flour, which should be added unsifted. Stir into this mixture the juice from the dried fruit, beaten egg, sour milk, dried fruit, and then the melted fat. Pour into two well-greased bread pans and bake in a moderate oven (350° F.) for about 1 hour.

### *Dried fruit cake*

2¼ cups sifted flour	1 egg, beaten
3 teaspoons baking powder	¾ cup liquid from soaking fruit
¾ teaspoon salt	6 tablespoons melted fat
1 cup sugar	1 teaspoon flavoring, if desired
1 cup dried fruit, soaked and chopped	

Sift together the dry ingredients, including dry skim milk, if available. Combine the beaten egg, fruit liquid, melted fat, and flavoring. Add this mixture to the dry ingredients all at once, and stir until smooth. Pour into a greased loaf pan and bake in a moderate oven about 40 to 50 minutes. For cup cakes, pour into greased muffin pans and bake in a moderate oven for about 30 minutes.

### *Dried fruit candy*

Grind one or several kinds of dried fruit. Add peanut butter or finely chopped nuts. Form into balls and roll in sugar.

# MORE FAMILIES USE DRIED FRUITS

Dried fruits, important for the food values they contribute to the diet, are for the most part produced in plentiful supply in this country. However, many American families cannot afford to buy the dried fruits they need and want. To enable these families to use more dried fruits and thereby build a wider market for growers of fruits used for drying purposes, the Surplus Marketing Administration of the Department of Agriculture, when supplies have been large, has included certain dried fruits on the list of foods obtainable with free blue stamps under the Food Stamp Plan. Surplus dried fruits also have been bought by the SMA from time to time for direct distribution by State welfare agencies to families receiving public aid and for use in school lunches for undernourished children.

While the primary purpose of this leaflet is to assist in a more effective use of dried fruits by these low-income families, the information on preparing dried fruits economically in a variety of ways will be useful to any consumer.

*Prepared by*

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